R1 / R3 LIFECYCLE® EXERCISE BIKES

BASE USER MANUAL

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8115901 Rev A-1
07/06

Before using this product, it is essential to read this ENTIRE user manual and ALL installation instructions.

This will help in setting up the equipment quickly and in instructing others on how to use it correctly and safely.

FCC Warning - Possible Radio / Television Interference

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy, and if not installed and used in accordance with the user manual, may cause harmful interference to radio communications. However, there is no guarantee that the interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Class HB (Home): Domestic use. Not suitable for therapeutic purposes.

CAUTION: Any changes or modifications to this equipment could void the product warranty.

Any service, other than cleaning or user maintenance, must be performed by an authorized service representative. There are no user-serviceable parts.

This User Manual describes the functions of the following products:

Life Fitness recumbent exercise bikes:

R1, R3

See Section 5, titled *Specifications* in this manual for product-specific features.

Statement of Purpose: The exercise bike is a machine that simulates the movements of riding a bicycle at various speeds and levels of resistance.

Health-related injuries may result from incorrect or excessive use of exercise equipment. The manufacturer STRONGLY recommends seeing a physician for a complete medical exam before undertaking an exercise program, particularly if the user has a family history of high blood pressure or heart disease; or is over the age of 45; or smokes, has high cholesterol, is obese, or has not exercised regularly in the past year. The manufacturer also recommends consulting a fitness professional on the correct use of this product.

If, at any time while exercising, the user experiences faintness, dizziness, pain, or shortness of breath, he or she must stop immediately.

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1 Getting Started

1.1 Important Safety Instructions

SAFETY WARNING: The safety of the product can be maintained only if it is examined regularly for damage and wear. See Preventative Maintenance section for details.

- Before using this product, it is essential to read this ENTIRE user manual and ALL instructions. The exercise bike is intended for use solely in the manner described in this manual.
- Always follow the console instructions for proper operation.
- Close supervision is necessary when used by or near children, invalids or disabled persons.
- If an exercise bike does not function properly after it has been dropped, damaged, or even partially immersed in water, contact Customer Support Services for assistance.
- Never insert objects into any opening in the exercise bike. If an object should drop inside, carefully retrieve it. If the item is beyond reach, contact Customer Support Services.
- Never place liquids of any type directly on the unit, except in an accessory tray. Containers with lids are recommended.
- Do not use the exercise bike outdoors, near swimming pools or in areas of high humidity.
- Keep all loose clothing, shoelaces, and towels away from the exercise bike pedals.
- Keep the area around the exercise bike clear of any obstructions, including walls and furniture.
- Always be careful and exercise caution when mounting or dismounting the exercise bike. Use the handlebar whenever additional stability is required.
- Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Do not use the bike in bare feet.
- Do not tip the exercise bike on its side during operation.

- Keep hands and feet away from all moving parts.
- To ensure proper functioning of this product, do not install attachments or accessories that are not provided or recommended by the manufacturer.
- Use this product in a well-ventillated area.
- Use this product on a solid, level surface.
- Make sure that all components are fastened securely. These include the seat post, saddle, handlebars, and pedals.

SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.

1.2 Setup

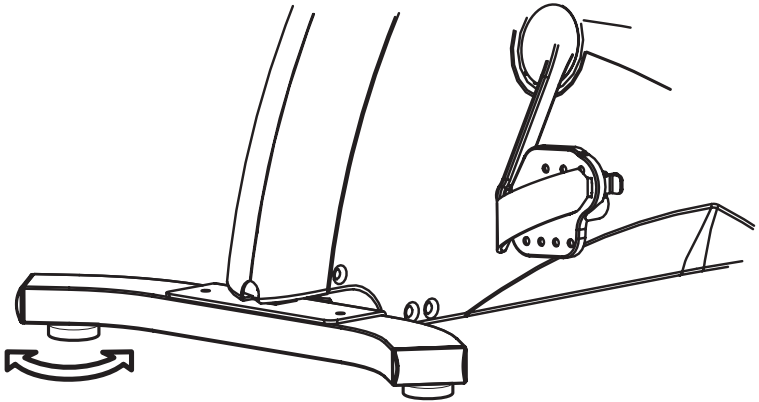
Read the entire User Manual before setting up the exercise bike.

Where to Place the Exercise Bike

Following all safety instructions in Section 1.1, move the bike to the location in which it will be used. See Section 5, titled Specifications, for the dimensions of the footprint. Allow a distance of four feet, or 120 centimeters, between the bike and other objects or surfaces on either side.

How to Stabilize the Exercise Bike

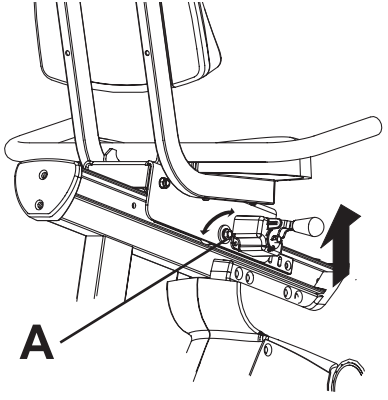
After placing the bike in position, check the unit's stability by attempting to rock it in all directions. Any slight rocking indicates that the unit must be leveled. Determine which foot is not resting completely on the floor. Loosen the jam nut with an open-end 17mm wrench, and rotate the stabilizing foot to lower it. Verify that the bike is stable, and repeat the adjustment as necessary until the unit no longer rocks. Lock the adjustment by tightening the jam nut against the stabilizer bar.



How to Adjust the Seat to Ensure Correct Biomechanical Positioning

Proper seat positioning minimizes unecessary leg muscle fatigue. To determine whether or not the seat requires adjustment, sit on it and place the balls of the feet on the pedals. The knee should bend slightly when the pedal is at the furthest point in its rotation, relative to the body. The user should be able to pedal without locking the knees or shifting in the seat.

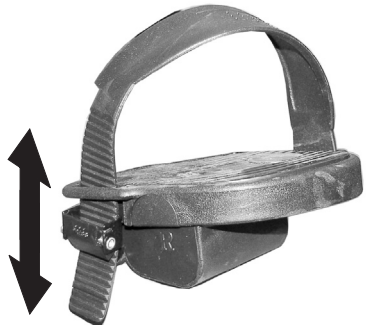
Adjusting the seat: Lift the spring-loaded adjusting handle located on the right side of the seat. Slide the seat forward or backward as necessary to the proper position and release the pin to complete engagement. Gently rock the seat forward and backward to ensure that it is locked into place. Check the seat distance again and readjust it if necessary.



NOTE: *If the seat carriage rocks excessively, use a wrench to loosen the jam nut (A) on either side of the seat carriage. With another wrench, tighten the adjustment roller on the inside of the carriage until it is snug, but do not over-tighten it. Then, while holding the roller in place, tighten the lock nut. Repeat the procedure for the other side of the seat carriage.*

CAUTION: *Do not attempt to adjust the seat while pedaling the bike. Doing so, or failing to insert the seat pin completely may result in an uncomfortable workout or cause injury.*

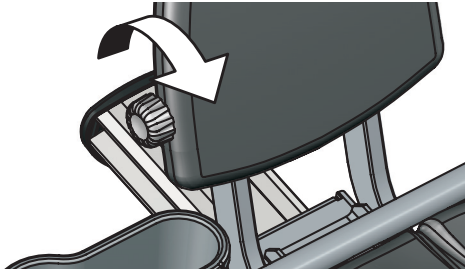
How to Adjust the Pedal Straps



The bike pedal safety straps keep the user's shoes on the pedals during a workout. The straps should fit comfortably, but they also should be tight enough to prevent shoes from slipping at any point in the pedaling rotation. Before working out, the user should test and adjust the tightness of the straps.

The straps can be adjusted to fit a variety of shoe sizes. Each strap is held in place by a spring-loaded clip that is connected to the outer edge of each pedal. To tighten a strap, simply pull the loose end of the strap down. It automatically locks into place with each pull. To loosen a strap, press down on the top of the clip and pull the strap up. Release the clip to lock the strap into place. Test the adjustment, and change if necessary.

How to Adjust the Lumbar Support on the R3 recumbent bike



The back pad can be adjusted to provide additional lumbar support. Twist the knob located on the right side of the back pad clockwise to increase lumbar support. Three levels of additional lumbar support are available.

Starting Up the Bike

See Section 5, titled *Specifications*, for power requirements. Insert the AC adapter into an electrical outlet that has been properly installed and grounded in accordance with all local codes and ordinances.

The exercise bike comes with a standard power supply for the U.S., or a power supply with country-specific line cords.

Insert the power adapter jack into the barrel plug on the bottom of the exercise bike. Then insert the power supply into the wall outlet. Make sure the cord is routed so that it doesn't bind and will not be walked on.

Check that the console lights up. If not, recheck the plug and wall connections and make sure the wall outlet has power.

To power up the exercise bike, simply start pedaling. Once the unit’s power is on, the console display lights up, making it possible to select a workout. The R1 display illuminates when the unit is plugged in.

NOTE: For customers outside the United States, please use your country specific transformer to power the unit. Please disregard the extra 120 Volt transformer located in the packaging material.

2 Features

2.1 The Reading Rack, Accessory Tray and Water Bottle Holder

The Accessory Tray (A) (R3 only), which is mounted to the right ot the seat, provides storage trays with space for items such as water bottles, personal stereos, and cell phones. A Water Bottle Holder (B) (R1 only) is located on the monocolumn.

Additionally, an integrated Reading Rack (C) for supporting a book or magazine is located at the base of the console.

Model R3

Model R1

2.2 Heart Rate Monitoring

The Hand Pulse Sensor System

The hand pulse sensors (A) are the built-in heart rate monitoring system on the exercise bike. During a workout, grasp the sensors that are set into the handlebars. For an accurate reading, use a comfortable grip. The console displays the heart rate after 15 to 20 seconds.

Model R3

Model R1

NOTE: *Excessively squeezing the hand pulse sensors will not improve the heart rate reading.*

3 Service and Technical Data

3.1 Preventative Maintenance Tips

The exercise bike is backed by engineering excellence and is one of the most rugged and trouble-free pieces of exercise equipment on the market today. Life Fitness products have proven to be durable in health clubs, colleges, military facilities, and other locations the world over.

NOTE: *The safety of the equipment can be maintained only if the equipment is examined regularly for damage or wear. If maintenance is required, keep the equipment out of use until defective parts are repaired or replaced. Pay special attention to parts that are subject to wear as outlined in the Preventive Maintenance Schedule.*

The following preventive maintenance tips will keep the exercise bike operating at peak performance:

- Locate the exercise bike in a cool, dry place.
- Clean the top surface of the pedals regularly.
- Keep the display console free of fingerprints and salt build-up caused by sweat.
- Use a **100% cotton cloth**, lightly moistened with water and mild liquid cleaning product, to clean the exercise bike. Other fabrics, including paper towels, may scratch the surface. **Do not use ammonia or acid-based cleaners.**
- Long fingernails may damage or scratch the surface of the console; use the pad of the finger to press the selection buttons on the console.
- Clean the housing thoroughly on a regular basis.

NOTE: *A non-abrasive cleaner and soft cotton cloth are strongly recommended for cleaning the exterior of the unit. At no time should cleaner be applied directly to any part of the equipment; apply the non-abrasive cleaner on a soft cloth, and then wipe the unit.*

3.2 Preventative Maintenance Schedule

Follow the schedule below to ensure proper operation of the product.

ITEM	WEEKLY	MONTHLY	BI-ANNUALLY	ANNUALLY
Display Console	C	I		
Console Mounting Bolts			I	
Accessory Tray	C	I		
Frame	C			I
Plastic Covers	C	I		
Pedals and Straps	C	I		
Contact Heart Rate Sensors			C	

KEY: C=Clean; I=Inspect

3.3 Troubleshooting the Hand Pulse Sensors

If the heart rate reading is erratic or missing, do the following:

- Dry moist hands to prevent slipping.
- Apply hands to both sensors, one in each hand.
- Grasp the sensors firmly.
- Apply constant pressure around the sensors.

3.4 Troubleshooting the Exercise Bike

Problem	Solution
I hear a clicking noise while I'm pedaling.	Use the wrench that was included with the bike to ensure the pedals are assembled as tight as possible.
The seat wobbles on my recumbent bike.	The seat carriage can be adjusted if it is too tight and does not slide freely or if it is too loose and rocks excessively. To adjust the fit of the carriage when there is excessive rocking use a wrench to loosen the jam nut on either side of the seat carriage. With another wrench, tighten the adjustment roller on the inside of the carriage until is it snug, but do not over-tighten. Then, while holding the roller in place, tighten the lock nut. Repeat the procedure for the other side of the carriage. To adjust the fit of the carriage when it does not slide freely, use a wrench to loosen the jam nut on either side of the seat carriage. With another wrench, loosen the adjustment roller on the inside of the carriage until it can move freely, but do not excessively loosen. Then, while holding the roller in place, tighten the lock nut. Repeat the procedure for the other side of the seat carriage.

3.5 How to Obtain Product Service

1. Verify the symptom and review the operating instructions. The problem may be unfamiliarity with the product and its features and workouts.
2. Locate and document the serial number of the unit. The serial number plate is located on the front stabilizer, below the shroud.
3. Contact Customer Support Services via the Web at: www.lifefitness.com, or call the nearest Customer Support Services group:

For Product Service within
the United States and Canada:

Telephone: (+1) 847.451.0036
FAX: (+1) 847.288.3702
Toll-free telephone: 800.351.3737

For Product Service
Internationally:

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FAX: (+81) 3.3359.4307

Life Fitness Iberia
Telephone *: (+34) 93 672 4660*
FAX *: (+34) 93 672 4670*

4 WARRANTY INFORMATION

WHAT IS COVERED:

This Life Fitness consumer product ("Product") is warranted to be free of all defects in material and workmanship.

WHO IS COVERED:

The original purchaser or any person receiving a newly purchased Product as a gift from the original purchaser.

HOW LONG IS IT COVERED:

Residential: All electrical and mechanical components and labor are covered, after the date of purchase, as listed on the chart below.

Non-Residential: Warranty void (this Product is intended for residential use only).

WHO PAYS SHIPPING & INSURANCE FOR SERVICE:

If the Product or any warranted part must be returned to a service facility for repairs, Life Fitness will pay all shipping and insurance charges during the warranty period (within the United States only). The purchaser is responsible for shipping and insurance charges after the warranty has expired.

WHAT WE WILL DO TO CORRECT COVERED DEFECTS:

We will ship to you any new or rebuilt replacement part or component, or, at our option, replace the Product. Such replacement parts are warranted for the remaining portion of the original warranty period.

WHAT IS NOT COVERED:

Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, debris resulting from any construction activities in the Product's environment, rust or corrosion as a result of the Product's location, alterations or modifications without our written authorization or by failure on your part to use, operate and maintain the Product as set out in your User Manual ("Manual"). All terms of this warranty are void if this Product is moved beyond the continental borders of the United States of America (excluding Alaska, Hawaii and Canada) and are then subject to the terms provided by that country's local authorized Life Fitness Representative.

WHAT YOU MUST DO:

Retain proof of purchase (our receipt of the attached registration card assures registration of purchase information but is not required); use, operate and maintain the Product as specified in the Manual; notify Customer Service of any defect within 10 days after discovery of the defect; if instructed, return any defective part for replacement or, if necessary, the entire Product for repair. Life Fitness reserves the right to decide whether or not a product is to be returned for repair.

USER MANUAL:

It is VERY IMPORTANT THAT YOU READ THE MANUAL before operating the Product. Remember to perform the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

PRODUCT REGISTRATION:

Register online at ***www.lifefitness.com/registration***. Our receipt assures that your name, address and date of purchase are on file as a registered owner of the Product. Failure to return the card will not affect your rights under this warranty. Being a registered owner assures coverage in the event you lose your proof of purchase. Please retain your proof of purchase, such as your bill of sale or receipt.

HOW TO GET PARTS & SERVICE:

Simply call Customer Service at 1-800-351-3737 or (+1) 847-288-3300, Monday through Friday from 8:00 a.m. to 5:00 p.m. Central Standard Time, and tell them your name, address and the serial number of your Product (consoles and frames may have separate serial numbers). They will tell you how to get a replacement part, or, if necessary, arrange for service where your Product is located.

EXCLUSIVE WARRANTY:

THIS LIMITED WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES OF ANY KIND EITHER EXPRESSED OR IMPLIED, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, AND ALL OTHER OBLIGATIONS OR LIABILITIES ON OUR PART. We neither assume nor authorize any person to assure for us any other obligation or liability concerning the sale of this Product. Under no circumstances shall we be liable under this warranty, or otherwise, of any damage to any person or property, including any lost profits or lost savings, for any special, indirect, secondary, incidental or consequential damages of any nature arising out of the use of or inability to use this Product. Some states do not allow the exclusion or limitation of implied warranties or of liability for incidental or consequential damages, so the above limitations or exclusions may not apply to you. Warranties may vary outside the U.S. Contact Life Fitness for details.

CHANGES IN WARRANTY NOT AUTHORIZED:

No one is authorized to change, modify or extend the terms of this limited warranty.

EFFECT OF U.S. STATE LAWS:

This warranty gives you specific legal rights and you may have other rights which vary from state to state.

MODEL	LIFETIME	5 YEARS	3 YEARS	1 YEAR
R1	Frame	N/A	Electrical Parts & Mechanical Parts	Labor
R3	Frame	N/A	Electrical Parts & Mechanical Parts	Labor

5 SPECIFICATIONS

Designed use:	Home	
Maximum user weight:	**R3**	**R1**
	400 pounds / 181 kilograms	300 pounds / 136 kilograms
Heart rate monitor:	Hand pulse sensors	
Pedal size	4.5 inches / 11.5 centimeters	
Drive type:	Poly-V belt-drive	
Power requirements:	**R3**	**R1**
	None; bike is self-powered	120V in U.S 220V in Europe 240+V in Australia
Accessory Tray:	**R3**	**R1**
	Standard	None
Color:	Pewter Metal Charcoal Plastic Shrouds Stone Plastic Accents	

R1 ASSEMBLED DIMENSIONS:

Length	56.5 inches / 143.5 centimeters
Width	25.75 inches / 65.4 centimeters
Height	54 inches / 137 centimeters
Weight	147 pounds / 67 kilograms

R1 SHIPPING DIMENSIONS:

Length	59.84 inches / 152 centimeters
Width	17.91 inches / 45.5 centimeters
Height	29.92 inches / 76 centimeters
Weight	172 pounds / 78 kilograms

R3 ASSEMBLED DIMENSIONS:

Length	56.5 inches / 143.5 centimeters
Width	25.75 inches / 65.4 centimeters
Height	54 inches / 137 centimeters
Weight	147 pounds / 67 kilograms

R3 SHIPPING DIMENSIONS:

Length	59.84 inches / 152 centimeters
Width	17.91 inches / 45.5 centimeters
Height	29.92 inches / 76 centimeters
Weight	172 pounds / 78 kilograms

Life Fitness offers a full line of premier fitness equipment for the home.

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